

OhioHealth ENGAGE In the Driver's Seat Free Virtual Classes — March 2021

- March 1, 8, 15, 22, 10:30-Noon, by WebEx
- Become a self-manager of your own health by putting yourself “In The Driver's Seat”.
 - Diet and nutrition
 - Physical activity
 - High blood pressure
 - Diabetes
 - Cholesterol
 - Smoking and tobacco use
 - Obesity and weight management
- Email maryann.abiado@ohiohealth.com to join.
- Last date to register — February 20, 2021
- Maximum class size — 30